

# MIDLAND PARK COMMUNITY SCHOOL FALL 2023

MIDLAND PARK COMMUNITY SCHOOL 250 PROSPECT STREET, MIDLAND PARK, N.J. 07432 PHONE 201-444-2030 FAX 201-444-2091 WWW.MPSNJ.ORG/COMMUNITY\_SCHOOL EMAIL: MPCS@MPSNJ.ORG

### COMMUNITY SCHOOL ADMINISTRATION

DIRECTOR OF COMMUNITY SCHOOL
CLASS & TRIP COORDINATOR
PROGRAM CO-COORDINATOR/FINANCIAL MANAGER
YOUTH PROGRAM COORDINATOR

MR. NICHOLAS CAPUANO MRS. MAGGIE KAUKER MRS. JOANN FRANCOLINO MRS. BETH KASBARIAN

The Midland Park Community School program is sponsored by Midland Park Board of Education. The school is a self-supporting, non-profit organization designed to serve the adults and youth of Midland Park and surrounding communities.

Midland Park Public Schools support the legislation guaranteeing each person equal education opportunity regardless of race, color, creed, religion, sex, ancestry, national origin, or social or economic status, and guarantee each person the opportunity to enroll in the courses in this brochure.

The Midland Park Community School program is one of the largest of its type in northern New Jersey, and is open to registrants from the entire region. If you have any questions regarding the courses or trips offered in this brochure, please telephone our friendly office staff at 201-444-2030, between the hours of 9:00 a.m. and 4:00 p.m., Monday through Friday.

# **FOLLOW US ON SOCIAL MEDIA**





@MIDLANDPARKCONTINUINGED

# AWAY FOR THE DAY

Refunds (less \$15 per registrant) will be given only if the event is sold out and seat or reservation can be resold Tours and shows run rain or shine

### LONGWOOD GARDENS-CHRYSANTHEMUM FESTIVAL

FEE: \$89.00 THURSDAY, OCTOBER 19, 2023 |BUS DEPARTS FAITH

THURSDAY, OCTOBER 19, 2023 |BUS DEPARTS FAITH REFORMED CHURCH 9:00AM RETURNING 6:00PM. LUNCH ON YOUR OWN

Celebrate fall's favorite flower—in its many forms, many hues, and many varieties—during our captivating Chrysanthemum Festival. Cherished for their exquisite beauty and delightfully distinct variations, chrysanthemums take center stage this season—and for very good reason. Complex by nature, chrysanthemums are divided into 13 classifications, each representing a distinct flower form, from the tiny pompom to the great irregular incurve-and all on full, radiant display.

### ESSEX STEAM TRAIN & RIVERBOAT CRUISE FEE: \$139.00

THURSDAY, OCTOBER 26, 2023 | BUS DEPARTS FAITH REFORMED CHURCH 8:00AM RETURNING 6:15PM

Essex Station, you'll board vintage rail cars pulled by an authentic steam locomotive. On the train excursion you will enjoy a three course lunch in one of their beautiful lunch rail cars. Lunch choices are: Beef Tips w/gravy, Baked Chicken, or Eggplant Parmesan. Please indicate your meal choice when registering. The train meanders through the scenic countryside to Deep River Landing, where you're escorted onto the Becky Thatcher Riverboat. Aboard Becky's 1-1/4 hour cruise along the Connecticut River, you'll delight in breathtaking scenery and view historic landmarks such as Gillette Castle and Goodspeed Opera House. When Becky returns to Deep River Landing, the steam train welcomes you for the return trip to Essex Station.

### APPLE FESTIVAL AT PEDDLERS VILLAGE FEE: \$59.00

SATURDAY, NOVEMBER 4, 2023 | BUS DEPARTS MIDLAND PARK H.S. 9:00AM RETURNING 5:30PM

Join us for a day of family fun at the 48th annual Peddler's Village Apple Festival. This is one of the most popular annual events in the greater Philadelphia region! A countryside shopping, dining, and family entertainment destination in the heart of historic Bucks County, This outdoor event is held rain or shine. Lunch is on your own.

### A WONDERFUL UNIQUE NYC ADVENTURE AWAITS US! FEE: \$129.00

THURSDAY, NOVEMBER 9, 2023 |BUS DEPARTS FAITH REFORMED CHURCH 9:30AM RETURNING 6:00PM.

Our first stop, The Frick Collection, is a museum known for its distinguished old master paintings and outstanding examples of European sculpture and decorative arts. It began with Henry Clay Frick (1849–1919), who bequeathed his home, sculptures, and decorative arts to the public, including works from the Renaissance through the nineteenth century. It has grown extensively since opening in 1935. This is a self-guided tour. Then it's off to Carmine's Uptown for a delicious family style lunch. There is a significant amount of walking, including stairs so, please wear comfortable walking shoes. Last but not least, a stop at Zabar's Market for some time to shop and take home some delectable delights! **Group Leader: Melinda Scarso** 

### WEST POINT HOLIDAY CONCERT FEE: \$129.00 SUNDAY, DECEMBER 3, 2023 |BUS DEPARTS RAMSEY

MACFARRAN FIELD PARKING LOT 10:00AM RETURNING 5:00PM

The hotel tells the story of West Point and the Nation with museum pieces hanging throughout the hotel as well as having guest rooms that are dedicated to inspirational West Point graduates. Weaving the impact of West Point into America's story are a broad cross-section of contributions in the hotels' actual guest rooms dedicated to the likes of medal of honor recipients, an astronaut, the first woman West Point grad to achieve the rank of general officer, the first African-American graduate of West Point, ground-breaking physicians, captains of industry, and great military leaders. Enjoy a magnificent Champagne buffet in the Eisenhower Room of the beautifully decorated Thayer Hotel at approximately 11:00am. Then we'll enjoy the Yule extravaganza at 2:00pm featuring the US Army Band and talented singers and Santa. Modest walking required. Must bring photo ID.

### NYC BOTANICAL GARDENS-HOLIDAY TRAIN SHOW

FEE: \$145.00

THURSDAY, DECEMBER 14, 2023 BUS DEPARTS FAITH REFORMED CHURCH

9:00AM RETURNING 5:00PM

Join us today on a festive holiday celebration! Our first stop will be the New York Botanical Gardens Holiday display which features both their annual miniature train show in addition to an amazing display of New York landmark buildings, both past and present, made of only natural materials. Then it's on to a DELICIOUS lunch at Emilia's Restaurant (a Bronx-Arthur Ave Little Italy prized eatery). Our menu choices include: a salad, pasta (penne marinara), a choice of chicken parmigiana, broiled salmon or eggplant rollatini. All served with vegetables. Dessert includes pastries, cheesecake and coffee or tea. Please indicate meal selection when registering. After lunch we will have time to explore (on our own) the many great food and unique gift shops located on famed Arthur Ave which will be filled with holiday goodies. Our NYC holiday adventure will definitely add to our Christmas spirit! Please wear comfortable walking shoes. This trip includes a fair amount of walking.

Tour led by Melinda Scarso.

### RIVERSIDE CHURCH CHRISTMAS CAROL SING FEE: \$176.00

SUNDAY, DECEMBER 17, 2023 BUS DEPARTS RAMSEY H.S. 10:45AM RETURNING 6:00PM

This longstanding tradition at The Riverside Church has become an essential part of Christmas in New York City. The service of music and light combines carillon, organ, harp, bell ringers, and all of the choirs of the church. It culminates in a ritual sharing of candlelight illuminating the Nave. The nondenominational church, founded by John D. Rockefeller, is famous for its size and elaborate Neo Gothic architecture. Fabulous early four course family style meal, at approximately 12:00 pm at Carmine's Uptown (tip included) is highlighted by salad, roasted red peppers and mozzarella, rigatoni with broccoli and sausage, penne vodka, eggplant parmigiana, chicken with lemon and butter and flourless chocolate torte.

# PLAYBILL

\*REFUNDS (LESS \$15 PER REGISTRANT) WILL BE GIVEN ONLY IF THE EVENT IS SOLD OUT AND SEAT OR RESERVATION CAN BE **RESOLD TOURS AND SHOWS RUN RAIN OR SHINE** 





LA BOHEME OPERA, LINCOLN CENTER FEE: \$129 **TUESDAY, OCTOBER 17** REAR ORCHESTRA **CURTAIN: 8:00PM** 

Music Director Yannick Nézet-Séguin conducts Puccini's timeless tragedy for the first time at the Met, leading soprano Eleonora Buratto and tenor Stephen Costello as the bohemian lovers Mimì and Rodolfo, and sopranos Sylvia D'Eramo and Leah Hawkins and baritone Davide Luciano as the on-again-off-again Musetta and Marcello. Later in the run, James Gaffigan takes the podium to conduct a second exceptional cast in Franco Zeffirelli's beloved staging, with sopranos Susanna Phillips and Latonia Moore, tenor Charles Castronovo, and baritone Quinn Kelsey.

Bus departs Midland Park High School at 4:00pm and returns immediately after the show. Running time: 3hrs. 5 min.



SCHUCKED. NEDERLANDER THEATER (EVENING PERFORMANCE) FEE: \$142 **TUESDAY, OCTOBER 24 REAR/SIDE ORCHESTRA** CURTAIN: 7:00PM

Shucked is the Tony Award-winning musical comedy the Wall Street Journal calls, "flat out hilarious!" Featuring a book by Tony Award winner Robert Horn, (Tootsie), a score by the Grammy Award-winning songwriting team of Brandy Clark and Shane McAnally, and directed by Tony Award winner Jack O'Brien (Hairspray), this corn-bred American musical is sure to satisfy your appetite for great musical theater.

**Bus departs Ramsey Tisdale School Parking Lot** 4:00pm and returns immediately after the show. Running time 2 hrs. 15min.





& JULIET, STEPHEN SONDHEIM THEATER (EVENING PERFORMANCE)

FEE: \$152

**TUESDAY, OCTOBER 24** REAR/SIDE ORCHESTRA CURTAIN: 7:00PM

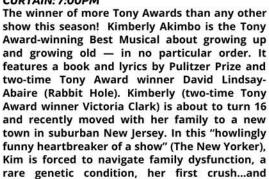
& Juliet flips the script on the greatest love story ever told, imagining what would happen next if Juliet hadn't ended it all over Romeo, and got a second chance at life and love - on her terms. Juliet's new story bursts to life through a playlist of pop anthems as iconic as her name, all written by Max Martin and his collaborators, including "Since U Been Gone," "Roar," "Baby One More Time," "Larger Than Life," "That's The Way It Is," "Can't Stop the Feeling," and many more. Bus departs Ramsey Tisdale School Parking Lot 4:00pm and returns immediately after the show. Running time 2 hrs. 30min.



### KIMBERLY AKIMBO, BOOTH THEATER (EVENING PERFORMANCE) FEE: \$162

**TUESDAY, OCTOBER 24 REAR/SIDE ORCHESTRA** 

CURTAIN: 7:00PM



**Bus departs Ramsey Tisdale School Parking Lot** 4:00pm and returns immediately after the show. Running time 2hrs. 25min.

possible felony charges. Ever the optimist, she is

determined to find happiness against all odds



### SCHUCKED, NEDERLANDER THEATER (MATINEE/LUNCH AT YARD HOUSE TIMES SQUARE)

FEE: \$189

WEDNESDAY, NOVEMBER 1 **REAR ORCHESTRA** 

and embark on a great adventure.

CURTAIN: 2:00PM

Shucked is the Tony Award-winning musical comedy the Wall Street Journal calls, "flat out hilarious!" Featuring a book by Tony Award winner Robert Horn, (Tootsie), a score by the Grammy Award-winning songwriting team of Brandy Clark and Shane McAnally, and directed by Tony Award winner Jack O'Brien (Hairspray), this corn-bred American musical is sure to satisfy your appetite for great musical theater.

Enjoy a lunch at The Yard House of Times Square Restaurant before the show. Bus departs Faith Reformed Church, Midland Park at 10:30am and returns immediately after the show. Running time: 2hrs. 15min.

# PLAYBILL



HARMONY, BARRYMORE THEATER FEE: \$179 THURSDAY, NOVEMBER 2 ORCHESTRA CURTAIN:8:00PM

In the 1920s and 30s, The Comedian Harmonists sold millions of records, made dozens of films, and sold-out the biggest theaters around the world. Their heavenly harmonies and musical comedy antics catapulted these six talented young men from singing in the subway tunnels of Berlin to international superstardom. What happened next is the story of Harmony, created by Barry Manilow and Bruce Sussman. Enjoy time for dinner on your own. Bus departs Glen Rock High School at 4:00pm and returns immediately after the show.

Running time: 2hrs. 30min.



SOME LIKE IT HOT - SHUBERT THEATER (MATINEE/LUNCH AT JOHN'S PIZZA TIMES SQUARE)

FEE: \$189 WEDNESDAY, NOVEMBER 8 REAR ORCHESTRA CURTAIN: 2:00PM

Some Like It Hot brings one of Hollywood's greatest comedies to new life on the Broadway stage. Don't miss your chance to join this fastpaced, sassy, brassy cross-country romp, as two best friends run for their lives - and find true love where they least expect it. Featuring a score by Marc Shaiman and Scott Wittman (Hairspray), a book by Matthew López (The Inheritance) and Amber Ruffin (The Amber Ruffin Show), and choreography and direction by Casey Nicholaw (The Book of Mormon), Some Like It Hot arrives this November at the Shubert Theatre. Enjoy a delicious buffet lunch at John's Pizza of Times Square Restaurant before the show. Bus departs Faith Reformed Church, Midland Park at 10:30am and returns immediately after the show. Running time: 2hrs. 30min.



& JULIET - STEPHEN SONDHEIM THEATER (MATINEE/LUNCH AT TONY'S DI NAPOLI)

FEE: \$199 WEDNESDAY, NOVEMBER 15 REAR ORCHESTRA CURTAIN: 2:00PM

& Juliet flips the script on the greatest love story ever told, imagining what would happen next if Juliet hadn't ended it all over Romeo, and got a second chance at life and love – on her terms. Juliet's new story bursts to life through a playlist of pop anthems as iconic as her name, all written by Max Martin and his collaborators, including "Since U Been Gone," "Roar," "Baby One More Time," "Larger Than Life," "That's The Way It Is," "Can't Stop the Feeling," and many more. Enjoy a delicious buffet lunch at Tony's Di Napoli of Times Square Restaurant before the show. Bus departs Faith Reformed Church, Midland Park at 10:309 and returns immediately after the show. Running time: 2hrs. 30min.



SWEENEY TODD - LUNT-FONTANNE THEATER

FEE: \$149

WEDNESDAY, NOVEMBER 29 REAR ORCHESTRA

CURTAIN: 8:00PM

For the first time since 1980, Broadway audiences can experience Stephen Sondheim's Tony Award®winning score as it was performed in the original production—with Jonathan Tunick's classic 26-player orchestration on an epic scale. Tony Award-winning director Thomas Kail (Hamilton) helms the return of this musical thriller starring Tony and Grammy® nominee Josh Groban (Natasha, Pierre & The Great Comet of 1812), as Sweeney Todd and Tony winner Annaleigh Ashford (Sunday in the Park With George, Kinky Boots),as Mrs. Lovett. Tony winner Alex Lacamoire (Hamitlon, Dear Evan Hanson), reunites with Kail as Music Supervisor, and Olivier Award winner Steven Hoggett (Once, Harry Potter and The Cursed Child) choreographs this new production of Stephen Sondheim and Hugh Wheeler' SWEENEY TODD: THE DEMON OF FLEET STREET. Bus departs Midland Park High School at 4:00pm and returns immediately after the show.

Running time: 2hrs. 45min.



RADIO CITY CHRISTMAS SPECTACULAR FEE: \$135 MONDAY, DECEMBER 4 REAR ORCHESTRA CURTAIN:8:00PM

Share the joy of the holidays with your loved ones this year at the Christmas Spectacular Starring the Radio City Rockettes. Experience Radio City Music Hall as it transforms into an immersive, magical wonderland and discover what's new in this iconic New York City tradition. Make time for joy this holiday and create lasting memories with the legendary Rockettes. All tickets are digital and will require a smart phone. Bus departs Midland Park High School at 4:00pm and returns immediately after the show. Running time: 1hr. 30 min.



THE NUTCRACKER BALLET, Lincoln Center FEE: \$199.00

Curtain: 7:00 pm

Second Ring Seating (Handicap Accessible)

Tuesday, December 12

The quintessential New York City Holiday experience, George Balanchine's The Nutcracker, whisks away children and adults alike with Tschaikowsky's immortal score. A cast of 150 delectable characters with sensational sets and costumes transports audiences to the luscious land of sweets for waltzing treats to delight the entire family. Bus departs Midland Park High School at 3:30pm and returns immediately after the show. Running time: 2 hrs.



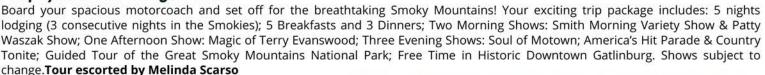
# PACK YOUR BAGS-EXTENDED TRIPS-2024

- NON-REFUNDABLE DEPOSIT DUE UPON REGISTRATION (See individual trip for more information)
- CALL MPCS OFFICE FOR A COMPLETE ITINERARY
- TRIP INSURANCE AVAILABLE UPON REQUEST
- EXTENDED TRIPS WILL DEPART FROM FAITH REFORMED CHURCH, 95 PROSPECT ST, MIDLAND PARK, NJ

# PIGEON FORGE, GATLINBURG & Last trip Pigeon Forge & Smoky Mountains SMOKY MOUNTAINS SHOW TRIP of 202

Monday, October 9 – Saturday, October 14, 2023 **Triple \$819 Double \$839** Single \$1059

Full payment due at registration!





Tuesday, April 30 - Tuesday, May 7, 2024

Single \$3899 Double \$3599

\$300 per person non-refundable deposit due upon registration.

Balance will be split into 2 additional required payments: Dec. 1, 2023 and Feb. 1, 2024. We highly recommend trip cancellation insurance. \$319.00 per person. Please contact our office for more information.

You could spend an eternity exploring the enchanting Italian capitals of Venice, Florence and Rome, but this exciting journey will deliver a multitude of memorable experiences that will linger long after you've returned home. Take a walk down memory lane - one that spans centuries of tradition, heritage and culture, as you encounter such iconic sights as the mighty Colosseum, the Leaning Tower of Pisa and Florence's spectacular Duomo. Your exploration of this veritable open-air museum will leave you enriched and inspired. 7 days, 6 cities, 6 nights. Full itinerary available upon request. Bus transfers to and from Newark Airport from Midland Park. Direct flights to Venice and returning from Rome. All hotels, hotel taxes, airport transfers to and from your hotels in Italy, also included. Meals: 6 breakfasts, 5 dinners and 1 lunch. Trip departs from, Faith Reformed Church, Midland Park, NJ. Tour escorted by Maggie Kauker



Monday, June 3 – Thursday, June 6, 2024 Double \$815.00 Single \$1100 Triple \$799

\$100 per person non-refundable deposit due upon registration

Our "sweetest" lakeside tour! Cruise on shimmering Lake George and view the mansions lining the shore. Tour Lake Placid with your guide, including the former Olympic Village. A guided tour of Saratoga Springs features parks and mineral springs, for which the area is well known. Try the hula with the Tiki's Polynesian dancers for a wee bit of "Hawaii" by the lake! 3 Nights Lodging, 3 Adirondack Breakfasts, 3 Dinners, Guided Tour of Lake Placid, Guided Tour of Saratoga Springs, Cruise on Lake George.

## 5 DAY WASHINGTON, D.C.

Friday, June 28 - Tuesday, July 2, 2024 Triple \$879 Double \$899 Single \$11109

\$100 per person non-refundable deposit due upon registration

Two guided tours of Washington, D.C. including the WW II Memorial, Capitol Hill, Embassy Row, The Korean War Veterans Memorial, the Vietnam Memorial, the Smithsonian, the Martin Luther King, Jr. National Memorial, the Lincoln Memorial, and more! Evening guided memorial and monuments tour. Admission to the Museum of the Bible. Admission to George Washington's Mount Vernon Estate & Garden, Tram ride through Arlington National Cemetery, Includes lodging, 4 breakfasts and 4 dinners.

**Tour escorted by Terry Seiders** 



Show Trip



# PACK YOUR BAGS-EXTENDED TRIPS-2024

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- TRIP INSURANCE AVAILABLE UPON REQUEST
- EXTENDED TRIPS WILL DEPART FROM FAITH REFORMED CHURCH, 95 PROSPECT ST, MIDLAND PARK, NJ

# <u>6 DAY ISLAND OF COUDRES,</u> <u>QUEBEC, CANADA</u>





Tuesday, July 23 – Sunday, July 28, 2024 Triple \$TBD Double \$TBD Single \$TBD

### \$100 per person non-refundable deposit due upon registration

Enchanting Island in the Charlevoix Region of Quebec, Canada. Travel to this beautiful French-Canadian Province of Quebec. Enjoy a guided tour of Quebec City. Guided tour of the beautiful Island of Coudres. Whale watching cruise on Bay of St. Catherine. Ferry ride to St. Anne De Beaupre Shrine. Visit the Albert Gilles Cooper Museum. Includes 5 nights lodging including 3nts. on the Island of Coudres. 11 meals. 5 breakfasts, 1 lunch and 5 dinners. **Tour escorted by Melinda Scarso** 

# 4 DAY CASTLES OF NY AND THOUSANDS ISLANDS

Monday, August 12 - Thursday, August, 15, 2024 Double \$899 Single \$1185 Triple \$875

\$100 per person non-refundable deposit due upon registration

Journey to a bygone era! Cruise aboard a replica steamboat on the scenic St. Lawrence River. Tour Boldt Castle, a monument of love built by George Boldt for his wife, Louise. Wing's Castle, a unique architectural marvel on the Hudson, and stately Singer Castle on the St. Lawrence complete your journey into a bygone era. 3 Nights Lodging, including 2 nights at the Edgewood Resort. 3 Breakfasts, 1 Boxed Lunch, 3 Dinners. Boldt Castle, Singer Castle, Wing's Castle. Millbrook Vineyards and Winery Tour. St. Lawrence River Cruise. New York State Capitol Building. **Tour escorted by Terry Sieders** 

# **9 DAY MAINE & NOVA SCOTIA**

Wednesday, September 11 – Thursday, Sept. 19, 2024
Triple \$TBD Double \$TBD Single \$TBD

\$100 per person non-refundable deposit due upon registration

Prince Edward Island & New Brunswick with Acadia National Park. Enjoy a visit to historic Halifax, Peggy's Cove, & Lunenburg. Admission to King's Landing Historical Settlement. Visit picturesque Prince Edward Island. Explore Arcadia National Park. Visit the waterside town of Saint John-located on the shore of the Bay of Fundy. Includes 8 nights of lodging including 5 nights in Canada. 3nts in Maine including a guided tour of Acadia National Park. 14 meals: 8 breakfasts, and 6 dinners. **Tour escorted by Terry Alnor** 

# INFORMATION COMING SOON! 8 DAY CANYONLANDS, ARCHES, & MESA VERDE NATIONAL PARKS OCTOBER 2024

INFORMATION COMING SOON!
6 DAYS BILTMORE
HOLIDAY ESTATES TRIP!
DECEMBER 2024



# CREATIVE ARTS

### **CROCHETING-BEGINNER**

FEE: \$125 (SR.CIT. \$118)
WEDNESDAY, 5:00PM-6:30PM
(8 SESS. BEG. OCT. 4)
(NO CLASS NOV. 22)
(PLUS \$8 MAT. FEE DUE AT REG.)
ERIC SMITH SCHOOL, RAMSEY RM106

Crochet is a beautiful craft that has been around for centuries. A fun, relaxing, and some might say meditative activity. You can create handmade hats, scarves, shawls, blankets, toys, and more, with just a hook and some yarn. This course is designed for beginners with little to no previous experience; you will learn about different yarns and hooks, basic stitches and techniques, how to crochet in rows and "in the round," how to read patterns and where to find them. As we progress, we will learn some simple stitch combinations and other crochet techniques. Attendees will choose a project and purchase appropriate yarn. An \$8 material fee includes a 5mm crochet hook, tapestry needle, and practice yarn, provided at first class.

Instructor: CLAYTON LEADBETTER



### CROCHETING -AMIGURUMI AND STUFFED TOYS

FEE: \$65 (SR.CIT. \$61) WEDNESDAY, 6:45PM-8:15PM (4 SESS. BEG. OCT. 4) ERIC SMITH SCHOOL, RAMSEY RM 106

Amigurumi (essentially small stuffed, crocheted toys) have become quite popular, and you can make them too! Amigurumi and standard crocheted stuffed toys really only differ in scale. Most patterns can be easily translated to different sizes and weights of yarn. We will look at different options, patterns, kits, and materials available to make loveable stuffed animals, objects, and figures and discuss some of the special techniques and tricks that set them apart from standard crochet projects. Attendees should have prior crochet experience, know basic stitches, and be familiar with crocheting in the round; if you are new to the craft, we recommend starting with Beginning Crochet. Bring practice yarn and appropriate hook of your choice to first class.

Instructor: CLAYTON LEADBETTER



### OIL PAINTING FOR BEGINNERS/ADVANCED STUDENTS

FEE: \$195

TUESDAY, 7:00PM-9:00PM
(8 SESS. BEG. SEPT. 26)(NO CLASS 10/3)
MIDLAND PARK HIGH SCHOOL. RM 40

Have you ever thought about learning to paint in oils? Or did you paint in oils a while ago and you want to get back to it? This is the class for you! This class combine beginners with experienced artists. Beginners will learn the fundamentals of oil painting while more experienced artists "brush up" their skills learning more advanced techniques. Beginners and first time painters in our class work on structured projects tailored to students' experience. Everyone paints at their own level and at their own speed. The focus is on individual style. On the first night of class we will go over materials. The instructor will email a materials list prior to the first class. If you have any old oil painting supplies please have them available, regardless of their age. Our ongoing students continue working on their paintings. Many of our regular students have shown their painting in local exhibitions, winning top prizes in juried shows.

Please check out our FaceBook page: @artoftuesdaynight Instructor: SUSAN MARLETT



### CROCHETING -MOSAIC CROCHET

FEE: \$65 (SR.CIT. \$61)
WEDNESDAY, 6:45PM-8:15PM
(4 SESS. BEG. NOV. 1)
(NO CLASS NOV. 22)
ERIC SMITH SCHOOL, RAMSEY RM 106

Mosaic Crochet is a method (well, several in fact) that allows you to create interesting, multi-color patterns and designs, using just basic stitches. There are lots of great patterns available for blankets and throws, pillows, hats, and more. The same techniques can also be used to add decorative elements into any sweater, afghan, or project you're making! We will cover all the basics to follow the graph patterns and successfully create your own mosaic crochet project! Attendees should have prior crochet experience and know basic stitches; if you are new to the craft, we recommend starting with Beginning Crochet. Bring 2 contrasting colors of practice yarn and appropriate hook of your choice to first class (worsted yarn and size H/5mm hook recommended).

Instructor: CLAYTON LEADBETTER

# THE EASYGOING ART OF POCKET SKETCHBOOK WITH KATE

FEE: \$160 INCLUDING SUPPLIES SATURDAY, 10:15AM-11:30AM (6 SESS. BEG. SEPT. 23) (NO CLASS OCT. 14) MIDLAND PARK HIGH SCHOOL & SURROUNDING COMMUNITY

Pocket sketching is much more than a drawing class. it's a personal adventure! Each drawing you create adds to compose not just great artwork, but a visual diary of the places you've been and the sites you have encountered. Like a best friend that can go with you everywhere, your pocket sketchbook will enrich your life with creative ideas, joy and confidence. Join Kate Mayr, Artist, to learn the easygoing art of pocket sketching. Enjoy the outdoors, take in the life lessons given to us in nature's classroom, share your insights and artwork with others, and meet people and feel your confidence grow!!

**Materials needed:** - cell phone camera, iPad or camera for reference photos - Seating for outdoors: chair, crate or stool - bug spray, hat or sun protection, sunglasses

Materials supplied: - Small 5X7 sketchbook: pencil, eraser, black gel pens: Fine point and thicker point - Review of drawing principles; hand outs that fit inside sketchbooks - glue sticks - clear ruler, perspective - View finder

Instructor: KATE MAYR



CNC CARVING

FFEE: \$125 (SR.CIT. \$118)

TUESDAY, 6:30PM-8:30PM
(4 SESS. BEG. SEPT.19)
(PLUS \$20 MAT. FEE DUE AT REG.)

RAMSEY HIGH SCHOOL, RM. 117

In this class you will gain basic knowledge about the design and carving process using a CNC machine. You will get to make your own small sign using the software and the CNC machine

Instructor: George Chrisafis



# CREATIVE ARTS

### LIVE SUCCULENT **PUMPKIN CRAFT**

FEE: \$35 (PLUS \$15 MATERIAL DUE AT REG.) WEDNESDAY, NOV. 8, 6:30PM-8:00PM MIDLAND PARK HIGH SCHOOL, RM 40

Join us in making this colorful Fall arrangement with succulents and mini pumpkins. Succulents are loved by beginner gardeners and seasoned green-thumbs alike, for their hardy nature and pretty, structured form. That makes them ideal for this fun craft which will be the center of conversation around your Thanksgiving table. It would also be a thoughtful, handmade gift for family, friends, teachers, or coworkers. The great thing about this DIY project is that you can easily pull it apart and display your succulents in other creative ways once the festive season is

Instructor: SUCCULENT AND PLANT GROWER, **BARBARA ADDON** 



### LIVE SUCCULENT CHRISTMAS TREE CRAFT

FEE: \$40

(PLUS \$25 MAT. FEE DUE AT REG.) TEUSDAY, DEC. 5, 6:30PM-8:30PM MIDLAND PARK HIGH SCHOOL, RM 40

Bring the beauty of succulents to your holiday table with a miniature Christmas tree decorated with these beautiful plants. Succulents are loved by beginner gardeners and seasoned greenthumbs alike for their hardy nature and pretty, structured form. That makes them ideal for this fun craft which will be the center of conversation around your table. It would also be a thoughtful, handmade gift for family, friends, teachers, or coworkers. The great thing about this DIY project is that you can easily display your succulents in other creative ways once the festive season is over or with care, keep it yearround. Instructor: SUCCULENT AND PLANT GROWER, BARBARA ADDON



### SEWING - BEGINNERS (AGES 14 & UP)

FEE: \$180

MONDAY, 6:30PM-9:00PM (10 SESS. BEG. SEPT. 18) (NO CLASS SEPT. 25)

### MIDLAND PARK HIGH SCHOOL, RM 51/52

Students will learn the basics of sewing including seams, hems, zippers, buttonholes, pattern selection & layout. Each student is required to bring their own sewing machines with instruction manual in order to learn how to operate them more effectively. Please bring it the first night of class along with a 3 ring binder and a ½ yard of muslin fabric. Class limited to 12 students.

Instructor: KAREN SKOGLUND

# <u>SEWING - ADVANCED</u> (AGES 14 & UP)

FEE: \$180

WEDNESDAY, 6:30PM-9:00PM (10 SESS. BEG. SEPT. 20) (NO CLASS NOV. 22)

### MIDLAND PARK HIGH SCHOOL, RM 51/52

Advanced sewing techniques will be taught. Prerequisite for this class is sewing for beginners.STUDENTS MUST HAVE SEWING EXPERIENCE! Students should bring their own sewing machines and a project to the first class. Class limited to 12 students.

Instructor: KAREN SKOGLUND

# CULINARY

### COOKING HEALTHY **FOR BUSY PEOPLE**

FEE: \$40.00

(PLUS \$15.00 MAT. FEE DUE AT REG.) WEDNESDAY, 6:30PM-8:30PM (1 SESS. OCT.4)

**RAMSEY HIGH SCHOOL (RM 102)** 

Join Natural Foods Chef and Holistic Health Coach Christine Okezie for this hands on cooking class. Learn time saving tips for meal planning, meal prep and batch cooking for optimal health and vitality.

Recipes are Vegetarian, Gluten and Dairy Free. Bring to class: apron, dish towel.

Instructor: CHRISTINE OKEZIE

### **BLOOD SUGAR BALANCING FOODS**

FEE: \$40.00

(PLUS \$15 MAT. FEE DUE AT REG.) WEDNESDAY, 6:30PM-8:30PM (1 SESS. OCT. 25)

**RAMSEY HIGH SCHOOL (RM 102)** 

Struggling with excess belly fat, sugar cravings, chronic fatigue, energy highs and lows? Learn why balancing your blood sugar is the key to optimal health and natural weight loss. Natural Foods Chef Christine Okezie can help you get off the blood sugar roller-coaster and show you how to cook delectable comfort foods with ingredients known for their blood sugar supportive properties. Throughout this inspiring class you will learn culinary nutrition techniques that you can apply to your favorite recipes. Recipes are Vegetarian, Gluten and Dairy Free. Bring to class: apron, dish towel. Instructor: CHRISTINE OKEZIE

### KOURABIEDES-CHRISTMAS **GREEK BUTTER COOKIES**

FEE: \$40.00

(PLUS \$7.00 MAT. FEE DUE AT REG.) MONDAY, 6:30PM-9:00PM (1 SESS. DEC, 4)

RAMSEY HIGH SCHOOL (RM 102)

This class will concentrate on learning the Greek style cookies called KOURABIEDES. During class, the instructor will demonstrate how to mix the cookie batter. Then the students will be guided and supervised how to make and shape the cookies. In class, students will get to taste the cookies. All ingredients will be provided. Bring to class: apron, dishtowel, oven mitts and take home container.

Instructor: GEORGE CHRISAFIS

### ALL ABOUT PUMPKIN

FEE: \$45.00

(PLUS \$40.00 MAT. FEE DUE AT REG.) THURSDAY, 6:30PM-9:30PM (1 SESS. OCT 5)

**RAMSEY HIGH SCHOOL (RM 102)** 

This is the perfect season to be creative with different pumpkin recipes. In this class you will fully participate in the preparation of Pumpkin Bisque Soup, Pumpkin Muffins, Pumpkin Bread and Pumpkin Cookies with a Cream Cheese frosting. This will be a festive and tasty adventure as you explore the different options available with pumpkin. Bring to class: apron, dish towel, oven mitts and take home containers

Instructor: JOSEPH SCILLIERI

### JOEY'S 3 CHICKEN SPECIALTIES: MARSALA PICCATA, AND ESPINACA (SPINACH)

FEE: \$60.00 (PLUS \$15.00 MAT. FEE DUE AT REG.) TUESDAY, 6:30PM-8:30PM (1 SESS. OCT. 17) MIDLAND PARK HIGH SCHOOL **CULINARY ROOM 33** 

Join Chef Joey as he teaches us how to make 3 popular chicken meals with the same basic ingredients. Just change a few items, and you have a new chicken dish! All chicken meals will be served over pasta. We will be able to taste our delectable dishes, but please bring take home containers for leftovers. To end the evening, we will make a special dessert! Fresh strawberries with Grand Marnier and fresh whipped cream, served in a Champagne glass. Joey was a head chef at the popular Rutherford House for over 18 years! Come cook with Joey! Instructor: JOE KAUKER

### **BETTER HUMMUS & BABA GANOUSH WITH GEORGE**

FEE: \$40.00

(PLUS \$15.00 MAT. FEE DUE AT REG.) MONDAY, 6:30PM-9:00PM (1 SESS. OCT.23)

**RAMSEY HIGH SCHOOL (RM 102)** 

Wondering what dips to make for your next get together. Join George, where you will learn what it takes to make these great Middle Eastern dips. Bring to class: apron, dish towel and take home containers.

Instructor: GEORGE CHRISAFIS

# HEALTH AND PHYSICAL FITNESS

### PILATES MAT-BEGINNER

FEE: \$110 THURSDAY - 5:00PM-5:50PM (8 SESS. BEG. SEPT. 21) (NO CLASS NOV. 9) MIDLAND PARK HIGH SCHOOL, MEDIA CENTER

Beginner mat class is for those who have attended less than 5 full 8 week sessions or who have never tried Pilates before . Pilates is a series of precise movements that work together to develop a strong core (torso) specifically abdomen & back. It strengthens & tones all muscles, improves posture & flexibility & unites body/mind. Participants need to bring a mat. Instructor will provide bands or small balls as needed. One pair of 2 lb. weights will be needed when instructor indicates. **Instructor: DENISE SWAN** 



### PILATES MAT-INTERMEDIATE

FEE: \$110 THURSDAY - 6:00PM-6:50PM (8 SESS. BEG. SEPT. 21) (NO CLASS NOV. 9) MIDLAND PARK HIGH SCHOOL' MEDIA CENTER

Intermediate mat classes are for those who have attended **5 full 8 week sessions**, or have previous Pilates experience, knowledge of basic technique & are looking to "take it up a notch" with more challenging exercises. The format is primarily mat work with some standing exercises. Instructor will provide small balls or bands as needed. Participants will need to bring a mat & one pair of 2 - 3 lb. weights.

Instructor: DENISE SWAN

### **CHAIR PILATES**

FEE: \$140 WEDNESDAY, 10:30AM-11:30AM SEPT. 13 - DEC.13 (14 CLASSES) GOOD SHEPHERD CHURCH, GLEN ROCK

Chair Pilates tones the entire body from head to toe and improves balance by challenging the muscles with bodyweight, coordination, and resistance training. We will be applying mat Pilates principles that are modified for sitting. The chair is an excellent piece of equipment for both seated and standing work! You will need 1 or 2 pound weights for this class.

Instructor: KIM MIHOV

### **POWER VINYASA YOGA**

FEE: \$196 MONDAY, 11:30AM-12:30PM SEPT. 11 - DEC. 18 (14 CLASSES, NO CLASS SEPT. 25 ) FEE: \$210 WEDNESDAY, 9:30AM-10:30AM SEPT. 13 - DEC. 20 (15 CLASSES)

GOOD SHEPHERD CHURCH, GLEN ROCK

This flow based yoga class combines traditional yoga asanas as well as functional movements that leave the body feeling strong, open and energized. This class is appropriate for seasoned yogis as well as athletes and work-out enthusiasts who want to bring more mindfulness and flexibility to their weekly workout routine.

Instructor: JULIE FINKEL

### STRETCHING AND FLEXIBILITY CLASS

FEE: \$90 WEDNESDAY, 7:00PM-8:00PM (6 SESS. BEG. OCT. 4) MIDLAND PARK HIGH SCHOOL, MEDIA CENTER

If you are dealing with chronic pain, decreased mobility, day-to-day stress or looking to become stronger and healthier, this stretching and flexibility class can offer you hope and help you on your way to a more active lifestyle. Get rid of your pain and stress NATURALLY by using Active Isolated Stretches which are simple, gentle movements that anyone at any age can do. You will learn how to deal with issues such as sciatica, migraines, neck and lower back pain. Best of all, you will be able to do these stretches anywhere anytime watching TV, waiting for dinner to cook, lying in bed, attending your kid's game, sitting on the beach, riding in the car. Bring a yoga mat, or you may use a chair. Wear comfortable clothes and shoes.

Instructor: Diane Cherico Owner: Get The Knots Out



### RELEASE & RESTORE SOUND HEALING

FEE: \$95

(PLUS \$4 MATERIAL DUE AT REG.) TUESDAY, 6:45PM-8:00PM

(5 SESS. BEG SEP. 26) MIDLAND PARK HIGH SCHOOL, MEDIA CENTER

Learn how to get the best night's sleep through yogic + mindfulness infusions, how to make an ancient golden milk remedy & a live instrument sound healing.

\*warm, vegan 'golden milk' will be served. Bring a yoga mat & blanket.

Instructor: ELISABETH WOLFSON

### YOUR HEALTHY TRUTH

FEE: \$60
WEDNESDAY, OCTOBER 25
(1 SESSION, 7:00PM-9:00PM)
MIDLAND PARK HIGH SCHOOL, RM 35
Are you Bloated, Brain Fogged and
Fatigued? Joint Pain?

Inflammation- can show itself in so many ways. It can be silent. It can be migraines. It can be eczema, weight gain, changes in bowel habits, brain fog, menstrual irregularities, rashes, itching and before you know it you've got an autoimmune disease, or two, and a chronic disease waiting in the wings. We'll be looking at the root causes and the cures. Emotional Triggers - You've made your commitment to staying the course. So what keeps getting in your way? What is throwing you off course? Until we can connect those dots, staying the course will always be difficult. We'll look at techniques that will help you get this handled. Instructor: BARB MINEMIER, **Holistic Health Coach** 

### **SENIOR EXERCISE**

FEE: \$140 THURSDAY, 9:15AM-10:15AM, SEP. 7 - DEC. 14, (14 CLASSES) GOOD SHEPHERD CHURCH, GLEN ROCK

Maintain and improve your fitness level in this class designed specifically for seniors. Work out with enjoyable, lightly paced aerobics followed by toning exercises to promote muscle firmness, balance and range of motion. Please bring 1-3 lb. weights. Class ends with gentle stretching for flexibility. Class is for men and women.

Instructor: Susan Van Valen



### ZUMBA DANCE PARTY

FEE: \$110 THURSDAY, 7:00PM-8:00PM (8 SESS. BEG SEPT. 21) (NO CLASS NOV. 9) MIDLAND PARK HIGH SCHOOL, RM 51/52

Join us for a Latin dance party! Basic Latin rhythms such as Salsa, Merengue, Samba and Cumbia! We encourage you to bring 1.0 lb. weights to strengthen and sculpt your muscles. Not only will you get a cardio workout, you will benefit from the stress relief that comes from dance. 15-20 minutes of toning moves will be built in! Come and join us! Bring a water bottle and a towel. Prepare to smile, laugh and dance!

Instructor: SILVIA ACOSTA

# LANGUAGES

### AMERICAN SIGN LANGUAGE -LEVEL 1

FEE: \$135

TUESDAY, 6:00PM-7:30PM (9 SESS. BEG. SEPT. 19)

### MIDLAND PARK HIGH SCHOOL, RM 44

No voices will be used in class, as students learn a basic introduction to ASL and the communications of deaf culture. Visualgestural activities include finger spelling, basic word vocabulary and sentence structure, use of body language and facial expression, and the describing of objects and location. This course is designed to meet the needs of family, employers, educators, human services providers and health professionals who use sign as a part of their daily and/or occupational responsibilities. Class limit 10. Instructor: BELLE HSU

### AMERICAN SIGN LANGUAGE -LEVEL 2

FEE: \$135 TUESDAY, 7:30PM-9:00PM (9 SESS, BEG, SEPT, 19) MIDLAND PARK HIGH SCHOOL, RM 44

Continues basic language and culture study. Offers the opportunity to build receptive and expressive ASL vocabulary in a non-voice setting with group practice. Topics include the use of signing space and further use of nonmanual components, including expression and body postures. Prerequisite:

American Sign Language - Basics (or equivalent knowledge). Class limit 10.

Instructor: BELLE HSU

### ITALIAN - BEGINNER

WEDNESDAY, 6:00PM-7:30PM (9 SESS. BEG. SEPT. 20)

MIDLAND PARK HIGH SCHOOL, RM 44

This course will introduce you to the beginner grammatical features of this rich, romantic, and beautiful language. Basic vocabulary comprehension, building, listening pronunciation and speaking ability will be the focus of this class. At the end of this course you will learn the skills necessary for basic daily communication and simple interactions while traveling in Italy. Students must purchase required text: "ITALIAN MADE SIMPLE, ISBN #978-0-7679-1539-7

(available at Amazon.com or Barnes & Noble).

Instructor: GIOVANNI PILOSIO

### ITALIAN - INTERMEDIATE I

WEDNESDAY, 7:30PM-9:00PM (9 SESS. BEG. SEPT. 20)

MIDLAND PARK HIGH SCHOOL, RM 44

Ti piace parlare Italiano? This is an intermediate class for the student who has taken Italian I or has some knowledge of the Italian language. Extensive work on grammar, vocabulary, pronunciation, verbal fluency and idioms will be the focus of this class. Some history on culture and traditions will be introduced as well. Students will be using the text:" ITALIAN MADE SIMPLE, ISBN #978-0-7679-1539-7(Available at Amazon.com or Barnes and Noble). Instructor: GIOVANNI **PILOSIO** 

### ITALIAN - INTERMEDIATE II

MONDAY, 6:00PM-7:30PM (9 SESS. BEG. SEPT.18) (NO CLASS SEPT.25)

MIDLAND PARK HIGH SCHOOL, RM 44

This course will focus on more advanced structures of the Italian language and their use in appropriate contexts. We will also continue to explore more idioms, together with the pronominal verbs. In this course we will be working from the textbook "Italian Made Simple" and from additional material which will be provided by the instructor. This course is for those who have completed Italian Beginner or Italian Intermediate I classes. Also, anyone who feels they have the appropriate skills based on the description is free and welcome to join us! Instructor: GIOVANNI **PILOSIO** 

### CONVERSATIONAL SPANISH

FEE: \$75 (SR. CIT. \$70) WEDNESDAY 7:00PM-8:00PM (6 SESS, BEG, OCT, 4) DATER SCHOOL, RAMSEY, RM 224

Interested in brushing up on your beginner conversational skills in Spanish? Join us as we engage in conversations with one another related to ourselves, our families, our interests, our homes, our friends and our community. Instructor: NOEMI RODRIGUEZ

# MUSIC AND DANCE

### LATIN DANCE-SALSA, BACHATA & <u>MERINQUE</u>

FEE: \$115 (SIR. CIT. \$109) MONDAY, 8:30PM-9:30PM (8 SESS. BEG. OCT. 2) (NO CLASS NOV. 20)

### **HUBBARD SCHOOL GYM, RAMSEY**

Your dance instructor will show and teach you the beginning steps of learning the Salsa, Bachata and Merengue. It will consist of learning the history, music, different body actions, arm styling and different techniques while learning the basic structured steps. You will also learn the footwork and partnering connections to take it onto a social floor. A partner is recommended but not required. Price is per person.

Instructor: MATT HAUER

### SOCIAL BALLROOM LATIN DANCE INTERMEDIATE

FEE: \$115 PER PERSON (SR. CIT. \$109) MONDAY, 7:30PM-8:30PM (8 SESS. BEG. OCT. 2) (NO CLASS NOV. 20) **HUBBARD SCHOOL GYM, RAMSEY** 

Let's soothe our souls and improve our dancing with the Intermediate class. We will add some more variations in the Foxtrot, Rumba, Cha-Cha and Swing and introduce TANGO and WALTZ. Completion of the Beginner class is a must. Experience how dancing can add excitement, fun, and healthy exercise to your life. Enrich your world with the sounds of wonderful music. Wear to class: soft or suede leather soles for hardwood floors.

**INSTRUCTOR: MATT HAUER** 

### SCOTTISH COUNTRY DANCING

**FEE \$120 TUESDAY, 7:00PM-800PM** (6 SESS, BEG, SEPT, 19) OFFSITE, COMMUNITY CHURCH OF HO-HO-KUS, 400 WARREN AVE, HO-HO-KUS, NJ

Are you ready to immerse yourself in the captivating world of swirling kilts, lively jigs and reels, and infectious camaraderie? Come join a new dance class run by the New Jersey Branch of the Royal Scottish Country Dance Society. Led by a passionate certified dance teacher, this class is your gateway to exploring the art of traditional Scottish dancing. No partner or previous dance experience is required-just bring your enthusiasm and a desire to make new friends and create memories to last a lifetime. Proof of Covid vaccine required by the organization.

# <u>PIANO (PRIVATE LESSONS</u> <u>BEG. /INT./ADV. LEVELS</u>

FFEE: \$250

WEDNESDAY (8 SESS. BEG. SEPT. 20) MIDLAND PARK HIGH SCHOOL, CHORAL ROOM (8 THIRTY-MINUTE INDIVIDUAL LESSONS WEEKLY)

Call the MPCS office at 201-444-2030 to schedule your lesson slot between 6:00pm-9:00pm.

Each student will receive 10 individual lessons. Each lesson is one half-hour, beginner, intermediate, or advanced.

Instructor: GAIL SINGER

**FACETIME LESSONS AVAILABLE ALSO!** 





# SPECIAL INTEREST

### **ANGEL MEDITATION**

FFF: \$60

TUESDAY, 7:00PM-8:30PM (NOV. 7 & NOV. 14)

**RAMSEY HIGH SCHOOL, ROOM 101** 

Connect and feel the divine love and compassion of your guardian angels through contemplation, writing, and meditation. Experience guided exercises with use of breath, imagery, and mantra (word). Ask questions of your guardian angels. Learn and experience the benefits of regular meditation: it lowers anxiety, stress, blood pressure and cortisol levels alleviating depression. Experience peace by connecting with your own inner stillness plus learn to release relaxant hormones and boost your energy levels. Receive clairvoyant readings from Lindsey.

### BIRD WATCHING FOR BEGINNERS

FEE: \$119 DATES: SEPT. 21, SEPT. 28, OCT. 5, OCT. 19 & OCT. 26 - 7:00AM-12:00PM, NOV. 9, 7:00AM-2:30PM

The course consists of 5 half-day trips to nature preserves in the Bergen County area and one all-day trip further afield. In case of inclement weather, a class may be postponed and scheduled for another Thursday. Class limit is 12. Selection and use of binoculars and bird guides, note taking, bird biology, behavior, habitats, migration, and maintaining A feeding feeding station will be covered. **Instructor**:

### JUDITH CINQUINA



# DISCOVER YOUR PAST LIFE REGRESSION

FEE: \$60 THURSDAY, 7:00PM-8:30PM (NOV. 30 & DEC.7) RAMSEY HIGH SCHOOL, ROOM 101

Experience a journey back to a previous lifetime! In this workshop you will be guided on a journey, back to find and free yourself from old patterns and remnants of the past that may be hindering you today. We will explore the use of regression, intuition, dreams, meditation and free-association for past life recall. Core issue blocks, fears in relationships, health, prosperity and spirituality can be transformed through past life regression. You will experience an actual group past life regression. Instructor: LINDSEY SASS

### ELDER LAW AND ESTATE PLANNING

FEE: \$35 WEDNESDAY, 7:00PM-8:30PM (1 SESS. OCT. 18) GLEN ROCK HIGH SCHOOL

Elderly individuals and their children are faced with a wide range of questions, particularly relating to basic legal documents that they need to control their personal and financial lives, how to reduce or eliminate inheritance tax, as well as financing long term care. This course is designed to address the importance of drafting a will, living trust, financial and medical powers of attorney. This course will also address the different types of funding for facilities, such as private pay, long term care insurance, and government assistance; client eligibility for government programs such as Medicare and Medicaid will also be discussed at length. Instructor: MICHAEL MANNA, Esq. or MARIZE HELMY, Esq.

### INTRO TO SELF-DEFENSE

FEE: \$99.00

THURSDAYS, 7:15PM-8:15PM
(4 SESSIONS STARTING OCT. 12)
MIDLAND PARK HIGH SCHOOL, RM 50

Learn the basic tenets of Self-Defense to help yourself feel more aware of your surroundings, comfortable in your environment, and confident in your everyday life. Students will learn how to throw a proper punch, basic kicking technique, and learn strategies to successfully escape from common grabs/holds.

**INSTRUCTOR: SENSEI JUSTIN REPOLE** 



### HEARTSAVER ADULT AND CHILD CPR/AED W/INFANT CPR

FEE: \$90

TUESDAY, 6:15 PM-9:15 PM (1 SESS. OCT. 10) DATER SCHOOL CAFÉ, RAMSEY

This AHA Heartsaver CPR/AED class introduces the student to cardiac risk factors and signs and symptoms of a heart attack, cardiac arrest, and stroke. Participants will learn one and two-rescuer CPR for the Adult, Child and Infant, rescue breathing, choking, and obstructed airway management. Mouth-to-mask ventilations as well as the use of an Automated External Defibrillator (AED) are also taught. Upon successful completion of the course, the student will receive an American Heart Association Heartsaver CPR/AED card in 30 days.. Instructor: RICHARD VAN DER WALL

### HEARTSAVER FIRST AID COURSE

FFF: \$90

TUESDAY, 6:15PM-9:15PM (1 SESS. OCT. 17)

DATER SCHOOL CAFÉ, RAMSEY

This AHA Heartsaver First Aid class is a video-based, instructor-led course that teaches critical skills to respond to and manage an emergency in the first few minutes until emergency medical services arrives. Learn duties and responsibilities of first aid rescuers; first aid actions for medical emergencies, including severe choking, heart attack, and stroke; and skills for handling injury and environmental emergencies, including external bleeding, broken bones and sprains, and bites and stings. This course is for anyone with limited or no medical training. Upon completion employees will receive an American Heart Association Heartsaver First Aid certification card valid for 2 years. **Instructor: RICHARD VAN DER WALL** 

### \*\*REGISTER FOR BOTH HEARTSAVER COURSES AND SAVE \$30.00

# DEVELOP YOUR INTUITION & CLAIRVOYANT ABILITIES

FEE: \$60 TUESDAY, 7:00PM-8:30PM (OCT. 17 & OCT.24)) RAMSEY HIGH SCHOOL, ROOM 101

Experience a powerful journey on advanced chakras while opening your intuitive abilities to discern life choices. Lindsey will assist you with her clairvoyant intuition as she will guide you toward opening your abilities. Decipher between fear based thought form and higher knowing. The term clairvoyance (from French clair meaning clear and voyance meaning vision) is used to refer to the ability to gain information about an object, person, location or physical event through means other than the known human senses. Become clearer about your life path, love life and health issues learning to trust yourself. **Instructor: LINDSEY SASS** 



### SPECIAL INTEREST

### **MAH JONGG**

FEE: \$100 WEDNESDAY, 4:00PM-6:00PM OR WEDNESDAY, 6:30PM-8:30PM (8 SESS. BEG. SEPT. 20)

MIDLAND PARK HIGH SCHOOL, RM 60

Learn the modern American version of the Ancient Chinese game of Mah Jongg. Four people play the game at one time, but each plays for themselves. The game is similar in concept to Gin Rummy, but it employs more skill than luck. The game is not as difficult to learn as Bridge. Betting will not be discussed. Men and teenagers are welcomed. Material fee of \$3 is payable to the instructor on the first night of class. Class limit 8 students. Instructor: ARLENE CASTLEMAN



### BRIDGE

FEE: \$125 (SR. CIT. \$118) WEDNESDAY, 6:30PM-8:00PM (6 SESS. BEG. SEPT. 20) **RAMSEY DATER SCHOOL, ROOM 147** 

Have fun learning how to play the exciting game of Bridge. This Bridge class is for beginners and people returning to bridge after some years. Join us!

Instructor: PAT AND FRED LINNEYMEYER

### DIY HAIR COLOR EXTENDOR

FEE: \$50

(\$25 OPTIONAL MATERIAL FEE, FOR HAIR DYE, PAYABLE TO INSTRUCTOR ON THE FIRST DAY OF CLASS) WEDNESDAY, 6:30PM-8:00PM (3 SESS. BEG. SEPT. 27) OFFSITE: HAIRDO-LINI, 365 FRANKLIN AVE, WYCKOFF, NJ (PURPLE DOOR)

This 3 week course covers everything you need to know to COVER THAT GREY and includes best practices to formulate your best hair plan. Each week builds on the previous, as we discover all the options now available in the hair care world. After week 1, you will have the choice to apply color at the end of each

Instructor: ELISABETH WOLSON, OWNER OF HAIRDO-LINI



### **NAVIGATING THE** MEDICARE SYSTEM

FEE: \$35 TUESDAY, 7:00PM-8:30PM (1 SESS. OCT. 10) **GLEN ROCK HIGH SCHOOL** 

This course is designed to give you an understanding of Medicare as well as updates and changes. You will receive a broad overview of the fundamental components of Medicare - The A,B,C & D's. Are you turning 65? Retiring? Wondering about your choices for the Annual Enrollment Period? This is your opportunity to get the information you need to make an educated decision for your Medicare Health Insurance needs.

Instructor: STUART SCHWARTZ

### **BASIC HOME ELECTRICITY**

FEE: \$100 (SR. CIT. \$94) THURSDAY, 6;30PM-8;30PM (3 SESS. OCT. 19) (\$10 MAT. FEE DUE AT REG.) RAMSEY HIGH SCHOOL, CAD LAB

Provides basic understanding of home electricity in three sessions. This is for students who want to learn, understand and practice minor electrical repairs. This course takes the student through hands-on activities based on common electrical home repairs and follows a Black & Decker outline. Topics include: Electrical circuit, safety, testing and tools, fuses and circuit breakers, replacing plugs, switches, receptacles and light fixtures and wiring a new fixture.

Instructor: GEORGE CHRISAFIS



### INTRO TO THE GOOGLE PLATFORM

FEE: \$120 (SR. CIT. \$114) TUESDAY, 6:30PM-8:30PM (3 SESS. BEG. SEPT. 19) RAMSEY DATER SCHOOL, MEDIA CENTER

This course will teach how easily the Google suite of free products can help you organize your life and business. Learn the tips and tricks to using Google Drive, Google Docs, Google Sheets and Google Forms. Chromebooks will be provided.

**INSTRUCTOR: VU PHAN** 

### THE SEVEN DEADLY SINS OF ESTATE PLANNING

MONDAY 7:00PM - 8:30PM (1 SESS. OCT. 2)

**GLEN ROCK HS** 

Despite the Information Age we are living in, with access to mass amounts of information readily available at our fingertips, our law firm continues to find people making the same mistakes relating to estate planning and asset preservation. This course is designed to share the top seven mistakes repeatedly made, to enable you to avoid them. After all, "A smart person learns from their mistakes; A wise person learns from other people's mistakes."

Instructors: MARIZE HELMY, ESQ. OR MICHAEL A. MANNA, ESQ.

### EXCEL 1

FEE: \$160 (SR. CIT. \$152) TUESDAY, 6:30PM-8:30PM (4 SESS. BEG. OCT. 17) (NO CLASS OCT. 31) RAMSEY DATER SCHOOL, MEDIA CENTER

Learn about the very useful and powerful Microsoft spreadsheet program. The basic concepts and skills of Excel will be explored including worksheets, workbooks, opening files, saving files, entering data, formatting data, formulas, copying formulas, arithmetic and column summing. Learn about using AutoSum to enter summing formulas for rows and columns. Learn about AutoFill to copy hundreds of formulas. Learn to work with spreadsheet projects that involve several separate sheets and 3-dimensional workbooks. Students must have a working knowledge of the Windows operating system. Students should be reasonably skillful using a mouse. Bring to class: Laptop with Microsoft Excel application downloaded.

INSTRUCTOR: VU PHAN



# SPORTS AND RECREATION

### BASKETBALL-MEN'S AND **WOMEN'S**

FEE: \$130 MONDAY, 7:30PM-8:30PM (12 SESS. BEG. SEPT. 18) (NO CLASS SEPT. 25)

MIDLAND PARK HIGH SCHOOL GYM

Full or half court basketball for persons (age 18 plus) who like a competitive means to stay in good physical condition. Games will be coed on separate half courts.

Instructor: BART MEROLA

### **BOATING AMERICA**

FEE: \$95 MONDAY, 7:00PM-9:30PM (4 SESS. BEG. OCT. 2) MIDLAND PARK HIGH SCHOOL, RM 35 (INCLUDES ALL FEES FOR MATERIALS, MANUALS, ETC.)

This beginner boating course will give you the knowledge needed to obtain the required NJ Boating Safety Certificate. The course will cover federal, state and local boating laws and regulations, required safety equipment, safe boating practices, PWC and small boat handling, trailering and protecting your boat, navigation and emergency procedures. The state test will be administered at the last session. Upon passing the test, the Boating Certificate will be issued on the same night of the test. Students must be at least 13 years old and must attend all 4 classes in order to receive a certificate.

Instructor: U.S. COAST GUARD AUXILIARY FLOTILLA 10-13

### **GOLF "FORE" EVERYONE**

FEE: \$105 WEDNESDAY, 6:30PM-8:00PM (4 WEEKS, BEG. SEPT. 27) **HGHLAND SCHOOL GYM** 

Looking for a golf swing? Find it here with Coach Bennett. Whether you are a beginner or seasoned golfer, this class is for you. Emphasis will be placed on the full swing. Learn the fundamentals such as: grip, swing, stance, etc. Mats and balls will be provided. Instructor: Dick Bennett, Coach of the twotime State Champions High School Golf Team. Class limited to 12 students.



### HIKING IN LOCAL MOUNTAINS

FEE: \$79 SATURDAY, 10:00AM START (4 HIKES OCT. 7, 14, 28 & NOV. 4)

Hikes are designed for beginner and moderate hikers. During our trips, you learn the history of the Ramapo Mountains while visiting historic iron mines, cave shelters, century-old buildings, and revolutionary and civil war remnants. The scenery affords some of the best mountain top views and waterfalls found in the local forests. More than just a walk down the path, our hikes will take us over mountains, through valleys, and across streams. Hikers should be in reasonable condition for a moderate and steady pace of 3 to 5 hours. All registrations must include a current email address. Students will be emailed orientation materials one week prior to the first hike. Consult your physician before attempting a physically challenging activity like hiking. Hikes are led by experienced hiker, Instructor: ROBERT PURCELL, who has hiked to Machu Picchu in Peru, climbed to the bottom of the Grand Canvon, and has hiked extensively in the local mountains. He is a member of the Appalachian Mountain Club and a history buff.



### PICKLEBALL BEGINNER-DAYTIME

FEE: \$195.00 TUESDAYS, 12:00PM-1:30PM (6 SESS, BEG,OCT,10) OFFSITE (HOOP HEAVEN), WALDWICK

Come learn the fastest growing sport in America! For those brand new to the game or those who have been playing but have never taken formal lessons before. Classes include all the basic shots in the game, court positioning, etiquette, rules and scoring, and are taught by certified Pickleball instructors. All equipment is provided. Participants must wear sneakers, comfortable clothing, and bring water so you're prepared to move and have fun! (Max 15- 3 courts) Senior discount does not apply.

Instructors from: Premier Pickleball

### PICKLEBALL BEGINNER

FEE: \$160.00 WEDNESDAY, 6:00PM-7:30PM (6 SESS. BEG. OCT.4) MIDLAND PARK HIGH SCHOOL, GYM

Come learn the fastest growing sport in America! For those brand new to the game or those who have been playing but have never taken formal lessons before. Classes include all the basic shots in the game, court positioning, etiquette, rules and scoring, and are taught by certified Pickleball instructors. All equipment is provided. Participants must wear sneakers, comfortable clothing, and bring water so you're prepared to move and have fun! (Max 15- 3 courts)Senior discount does not apply.

Instructors from: Premier Pickleball

### PICKLEBALL INTERMEDIATE

FEF: \$160.00 WEDNESDAY, 7:30PM-9:00PM (6 SESS. BEG. OCT.4) MIDLAND PARK HIGH SCHOOL, GYM

Participants MUST have played Pickleball before and have knowledge of the game, scoring, strokes, strategies, etc. This is the next level class for those who have taken the beginner class. There will be more drills and play. (Max 15- 3 courts)Senior discount does not apply.

Instructors from: Premier Pickleball

### PICKLEBALL INTERMEDIATE DAYTIME

FEE: \$195.00 THURSDAYS, 12:00PM-1:30PM (6 SESS. BEG. OCT.12) OFFSITE(HOOP HEAVEN), WALDWICK

Participants MUST have played Pickleball before and have knowledge of the game, scoring, strokes, strategies, etc. This is the next level class for those who have taken the beginner class. There will be more drills and play. (Max 15- 3 courts)Senior discount does not apply.

Instructors from: Premier Pickleball



# STEM STEM

# **YOUTH ACTIVITIES**

GOLF FOR KIDS GRADES K - 5
FEE: \$175 - MONDAYS - 4:00 - 5:00 p.m.
HIGHLAND SCHOOL FIELD
6 sessions (Golf): September 18, October 2,
9, 16, 23 and 30

TGA Premier Sports brings the golf course to you! Our award-winning curriculum incorporates golf instruction, educational components and character development lessons in a fun and nurturing environment. Students develop skills and understanding of the game through station-based activities and drills that increase in difficulty through our 5-level program.

Come tee it up with TGA!

Instructor: TGA PREMIER SPORTS

# SCI-TECH STEM PROGRAMS GRADES K - 5 \$40.00 each workshop

Tuesdays, November 14, 21 and 28.
Highland School Cafeteria (4:00-5:00 P.M.)
Spark creativity and bolster a deep interest in
Science, Technology and Arts in children
through hands-on practical learning by
"Making"! We will focus on fostering and
developing STEAM (Science, Technology,
Engineering, Arts and Mathematics) skills like
problem-solving, critical thinking, creativity
and collaboration in a fun learning
environment. Each week we will focus on a
new STEAM topic, through a variety of
challenges that stimulate young minds
toward discovering how and why things
work.

# BEFORE AND AFTER SCHOOL CHILD CARE PROGRAM (BSCC/ASCC)

Open to all Midland Park Students
Grades Kindergarten - 6
For Registration AND Tuition Information, please
call us at 201-444-2030 or Email us at
mpcs@mpsnj.org
Register Early. Space is limited.

LOOK FOR MORE INFORMATION ON OUR WINTER/SPRING /SUMMER YOUTH ACTIVITIES COMING IN OUR NEXT BROCHURE



TGA Premier Sports is bringing tennis to Midland Park! Every participant has the opportunity to learn a lifelong, life-changing sport. Classes are full of high energy, physical fitness, character development themes, and educational components. Our staff is handpicked to provide the highest level of instruction, while maintaining a fun and engaging environment. All equipment is provided. We look forward to seeing you.

Instructor: TGA PREMIER SPORTS

LITTLE COOKS - GRADES K - 6 \$35.00 each workshop Thursdays (4:00-5:00 p.m. Highland School Cafeteria

Winter Character Cupcakes - December 7th Join us as we put our decorating skills to the test by turning cupcakes into these adorable winter animals! Children will learn different decorating techniques in this class!

Marshmallow Winter Treats - DECEMBER

14th Snowflakes and snowmen and
cookies oh my! How many marshmallow
treats can we make? Join us and find out!
This class is sure to be SNOW much fun!
Watercolor Snowflake Cookies - December
21st Turn plain sugar cookies into a
painted masterpiece with this fun new
decorating technique. In this class we will
be using 2 different decorating techniques
to create our edible artwork.

Workshops are offered by the staff of Wiggle & Giggle

ALL MATERIALS ARE INCLUDED AND ALL PRODUCTS ARE PEANUT AND TREE NUT FREE. PLEASE INDICATE ALL ALLERGIES WHEN REGISTERING!

WINTER BREAK CAMP, BASKETBALL CAMP, VOLLEYBALL CAMP, YOUTH TRACK & FIELD, SUMMER CAMP, PARK PLAYERS & MORE!!!



# GENERAL INFORMATION

- 1. **Senior Citizens** Persons 62 and over are eligible for a 10% discount on selected courses. Discount does not apply to trips, shows, one and two-night courses, or courses offered at Glen Rock Community School or Ramsey Community School. Special discount applies to select courses offered at Ramsey Community School. Please give a date of birth when registering to receive a discount.
- 2. Refunds Full Tuition will be refunded only if there is insufficient registration and the course is canceled or registration is closed due to limited enrollment. Refunds for withdrawals (less \$15) will be issued if notification is given 5 days prior to the beginning of the course. No refunds will be given within 5 days prior to the first meeting of a class or after a class has begun. Refunds (less, \$15 per registrant) for shows and days trips will be given only if the event is sold out and the seat or reservation can be resold. Deposits for extended trips are non-refundable. Credits expire one year from date of issue.
- 1. **Inclement Weather** Closing due to storms developing during the day will be announced over radio station WOR Radio 710 AM or go to the district website: www.mpsnj.org. Make-up dates are provided for all canceled classes. If public school classes are closed during the day, no night classes will be held. Call 201-444-7400, ext. 611 for a recorded message.
- Room Assignments- Room assignments, are subject to change and will be posted at the main entrance of Midland Park High School.
- 3. Smoking No smoking is permitted on Public School property in any location inside or outside the buildings.
- 4. **Make-Up Classes** A make-up session will be scheduled in the event of snow closing, teacher absence, or class cancellation. It is not for individual absences of the student.
- 5. **Midland Park H.S.** is Barrier-Free with facilities for the handicapped. The handicapped entrance is located at the rear of the school.
- 6. **Injuries-** Midland Park Community School and the Midland Park Public School District are not responsible for injury or damage of any kind, including but not limited to injury, death, damage, property damage/loss, or any other type of loss which may arise in whole or in part from attending Midland Park Continuing Community School programs or trips.
- 7. **Age Restrictions** Persons under the age of 18 may not be permitted in adult classes except where noted. Please call the MPCS office before registering your child.
- 8. **Reminders** Reminders or changes to classes and trips will be sent by email and/or text. Please provide an email address and cell phone number upon **registration**.

# COOPERATIVE SCHOOLS/LOCATIONS

- FAITH REFORMED CHURCH/RESTORE CHURCH
   95 PROSPECT ST., MIDLAND PARK
- GLEN ROCK COMMUNITY SCHOOL & HIGH SCHOOL 600 HARRISTOWN ROAD - 201-389-5011
  - GLEN ROCK POOL
     390 DOREMUS AVE, GLEN ROCK, NJ
  - GOOD SHEPPARD LUTHERAN CHURCH 233 S HIGHWOOD AVE, GLEN ROCK
- RAMSEY COMMUNITY SCHOOL & HIGH SCHOOL
  - 256 E. MAIN ST. 201-327-2025
  - DATER SCHOOL
     35 SCHOOL ST, RAMSEY
  - ERIC SMITH SCHOOL
     73 MONROE ST, RAMSEY
  - HUBBARD SCHOOL
     10 HUBBARD LANE, RAMSEY
  - TISDALE SCHOOL
     200 ISLAND ROAD, RAMSEY

# GENERAL INFORMATION (CONT>)



Midland Park Community School is seeking talented and diversified people to teach a course or program in the evening during the upcoming semesters. No special certification is required-just your creativity and enthusiasm to share your talent and expertise with both young students and adults in an informal classroom setting,

Please email us at mpcs@mpsnj.org

or call 201-444-2030 to submit a proposal.

# WHAT'S ON YOUR BUCKET LIST?

Please give us your suggestions for new trips or excursions.
email us at: mpcs@mpsnj.org

Give a Trip or a Class as a Gift Gift Certificates Available

### AVOID DISAPPOINTMENT REGISTER EARLY!

Please do not wait until the last minute to register. If there is insufficient enrollment for a course or trip, it will be cancelled.

# **Registration Now Open!**

# FOR MORE INFORMATION ABOUT OUR PROGRAM OR TO REGISTER FOR ANY OR OUR CLASSES OR TRIPS ONLINE PLEASE SCAN QR CODE BELOW:



### REGISTRATION INFORMATION:

**Online:** Registration and payment for M.P.C.S. classes, trips, and programs can be done online! You only need a valid email address, a credit card or bank account information to use this convenient, secure website, which is available 24/7. Follow these easy steps to create an account on Community Pass. From any computer or mobile device with an internet connection, go to: <a href="https://register.communitypass.net/midlandpark">https://register.communitypass.net/midlandpark</a>

Click on "Create an Account" and complete all required fields. If you have questions or need assistance, please call the M.P.C.S. office at 201-444-2030.

**By Mail/In Person/By Phone:** Complete a registration form below or call our office at 201-444-2030. Please make checks payable to Midland Park Community School or M.P.C.S.

### \*\* School Closures

No evening courses will be held on the following dates: 9/25/23, 11/9/23, 11/10/23, 11/22/23, 11/23/23, 11/24/23



### **REGISTRATION FORM**

□VISA □ MASTERCARD □D	IK, NJ 07432 444-2091 D SCOVER □E-CHECK	□ CHECK	AMT. ENCL.			
CREDIT CARD ACCOUNT #		EXPIRA	TION DATE	cvc		
BANK NAME	(E	-CHECK)	□INDIVIDUAL	□ COMPANY		
ROUTING # (E-CHECK)	BANK ACCO	UNT # (E-0	THECK)			
NAME	ADDRESS					
STUDENT'S NAME:	D,O.	.B	GRADE			
E-MAIL ADDRESS		PHONE #				
MOBILE CELL PHONE #	MOBILE PROVIDER:					
RECEIVE ALERTS VIA TEXT MESS I UNDERSTAND THAT STANDARD			LY.			
COURSE/TRIP						
DATE:FEE						

### REGISTRATION FORM

□VISA □ MASTERCA	RD DISCOVER	₹ □E-CHECK	□ CHECK	AMT. ENCL			
CREDIT CARD ACCOUNT	Г#			EXPIRATION DATE			
BANK NAME			(E-CHECK)	□INDIVIDUAL	□ COMPANY		
ROUTING # (E-CHECK) _		BANK ACCOUNT # (E-CHECK)					
NAME		ADDRESS	( <u> </u>				
STUDENT'S NAME:		D.0	D.B	GRADE			
E-MAIL ADDRESS		PHONE #					
MOBILE CELL PHONE #		MOBILE PROVIDER:					
RECEIVE ALERTS VIA				LY.			
COURSE/TRIP							
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